



6

Recipes to Batch Cook for Busy Days



Zucchini Buckwheat Muffins

SERVINGS: 10

PREP TIME: 15 MIN

COOK TIME: 30 MIN

Ingredients

- 2 Tbs chia seeds
- 6 Tbs water
- coconut oil spray
- 1/2 cups buckwheat flour
- 1/2 cups brown rice flour
- 1/2 cups arrowroot starch
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tsp baking soda
- 1/2 tsp salt
- 1 cups zucchini, finely grated
- 1 banana, mashed until smooth
- 1/4 cups coconut oil, melted
- 1/3 cups maple syrup
- 2 tsp vanilla extract
- 2 Tbs coconut sugar (or other unrefined sugar)

Directions

Prep

1. Stir together chia seeds and water and let stand for 15 minutes to gel.
2. Grease muffin tin.
3. Preheat oven to 350°F.
4. Grate zucchini with a fine grater over two layers of paper towel. Roll and squeeze to remove any moisture.
5. Mash banana until smooth.

Make

1. In a large mixing bowl, whisk together flours, starch, cinnamon, nutmeg, baking soda, and salt.
2. In a small mixing bowl, whisk together zucchini, banana, oil, maple syrup and vanilla. Once chia has gelled, whisk into wet ingredients to combine.
3. Add wet to dry ingredients and stir to combine. Add water a tablespoon at a time as needed if the batter is too thick.
4. Add batter to muffin cups 3/4 full and sprinkle with sugar if desired.
5. Bake for 15-20 minutes or until muffins spring back when touched.
6. Remove from oven and let stand for 2 minutes. Remove muffins from tin and let cool on wire rack.
7. Freeze leftovers.

Nutrition Facts

Calories per serving **184**

| Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|------------------------|----------------|--------------------------------|----------------|
| Total Fat 6.7g | 10% | Total Carbohydrates 30g | 9% |
| Saturated Fat 4.7g | 23% | Dietary Fiber 3g | 11% |
| Trans Fat 0.0g | | Total Sugars 10g | |
| Cholesterol 0mg | 0% | Protein 2g | |
| Sodium 373mg | 16% | | |

Vitamin D 0mcg 0% · Calcium 40mg 4% · Iron 1mg 4% · Potassium 191mg 4%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Apple Pie Overnight Oats

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 8 HRS

Ingredients

- 2 cups oats
- 4 cups of oat milk, plain, unsweetened (Or other non-dairy milk)
- 2 tsp vanilla extract
- 1/4 cup dried cranberries, optional
- 2 apples, medium, chopped
- 1/2 cup water, or more if needed
- 2 tsp cinnamon (or other spice)
- 4 Tbs pumpkin seeds
- 2 Tbs coconut flakes

Directions

Prep

1. Evenly divide the oats, oat milk, vanilla extract, and cranberries [if using]
2. among containers with sealable lids (mason jars are perfect). Seal and
3. shake well. Refrigerate overnight to allow oats to soften.

Make

1. Wash and chop apples.
2. Heat a small saucepan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble: Remove the oats from the refrigerator and take the lid off the container. Evenly divide the apple mixture between the containers.
4. Top with pumpkin seeds and coconut flakes.

Nutrition Facts

Calories per serving **328**

| Amount/serving | % Daily Value* |
|--------------------------------|----------------|
| Total Fat 10.7g | 16% |
| Saturated Fat 1.9g | 9% |
| Trans Fat 0.0g | |
| Cholesterol 0mg | 0% |
| Sodium 204mg | 8% |
| <hr/> | |
| Total Carbohydrates 53g | 17% |
| Dietary Fiber 9g | 34% |
| Total Sugars 19g | |
| Protein 9g | |

Vitamin D 0mcg 0% · Calcium 38mg 3% · Iron 3mg 15% · Potassium 332mg 7%

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Quinoa Fruit Salad

SERVINGS: 6

PREP TIME: 15 MIN

COOK TIME: 20 MIN

Ingredients

Salad

- 1 cup quinoa
- 2 cups water
- 1/8 tsp salt
- 2 mangos, peeled and cubed
- 1 qt strawberries, chopped
- 4 kiwis, peeled and chopped
- 1 qt blueberries
- 1/4 cup mint leaves, chopped

Dressing

- 2 lemons
- 1 Tbs honey (agave for vegan version)
- 1/4 cup olive oil
- 1 tsp ground ginger
- 1/4 tsp salt, to taste
- black pepper, to taste

Directions

Prep

1. Prepare quinoa: Wash the quinoa thoroughly using a mesh strainer under cold running water. In a medium-sized saucepan of medium size, combine the washed quinoa, water, and a pinch of salt.
2. Place the saucepan on the stove over medium heat and let it come to a boil. Allow the quinoa to boil gently for about 5 minutes.
3. Reduce heat to its lowest setting and let the quinoa simmer for about 15 minutes. Once all liquid is absorbed, remove from heat and fluff with a fork. Set aside to cool or store in the refrigerator until ready to assemble the salad.
4. Prepare the rest of the ingredients according to directions.
5. Juice lemons for dressing.

Make

1. Dressing: Add ingredients to Mason jar and shake to combine. You can also whisk to incorporate ingredients.
2. Salad: Toss cooled quinoa with fruit and dressing. Stir in mint just before serving.

Nutrition Facts

Calories **326**
per serving

| Amount/serving | % Daily Value* |
|--|----------------|
| Total Fat 11.0g | 16% |
| Saturated Fat 1.5g | 7% |
| Trans Fat 0.0g | |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 6% |
| Vitamin D 0mcg 0% · Calcium 70mg 7% · Iron 2mg 10% · Potassium 688mg 14% | |

| Amount/serving | % Daily Value* |
|--------------------------------|----------------|
| Total Carbohydrates 59g | 19% |
| Dietary Fiber 10g | 38% |
| Total Sugars 39g | |
| Protein 5g | |

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Chickpea, Sweet Potato & Spinach Curry

SERVINGS: 4

PREP TIME: 20 MIN

COOK TIME: 40 MIN

Ingredients

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 Tbs ginger, grated
- 1 sweet potato, peeled and diced
- 2 Tbs cilantro, chopped
- 2 Tbs parsley, chopped
- 2 Tbs scallions, chopped
- 1 lime, zested and juiced
- 2 Tbs coconut oil
- 1 Tbs cumin seeds
- 1 tsp garam masala
- 1 tsp curry powder
- 1 14-oz can chickpeas, drained and rinsed
- 14 oz tomatoes, diced, canned
- 1 14-ounce can coconut milk
- 1 tsp red chili paste
- 1 5-ounce bag baby spinach

Directions

Prep

1. Prepare onion, garlic, ginger, sweet potato, cilantro, parsley, scallions, and lime as directed.

Make

1. In a large saucepan, add the coconut oil, cumin seeds, garam masala, curry powder, garlic, ginger, and onion. Cook for 3 to 5 minutes, or until the onion is soft and translucent.
2. Add the sweet potato, chickpeas, tomatoes with their juices, coconut milk and red chili paste. Stir to combine, cover, and simmer over medium heat for 20 to 30 minutes, until the potatoes are fork tender.
3. Stir in the spinach and cook until wilted. Season with salt and black pepper to taste. Right before serving stir in chopped herbs and lime zest and juice, and serve with your favorite grain and a dollop of yogurt.

Note: Store in an airtight container in the fridge for 3 days, or in the freezer for up to 1 month.

Nutrition Facts

Calories per serving **353**

| Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|------------------------|----------------|--------------------------------|----------------|
| Total Fat 21.3g | 32% | Total Carbohydrates 36g | 12% |
| Saturated Fat 16.9g | 84% | Dietary Fiber 10g | 38% |
| Trans Fat 0.0g | | Total Sugars 8g | |
| Cholesterol 0mg | 0% | Protein 9g | |
| Sodium 388mg | 16% | | |

Vitamin D 0mcg 0% · Calcium 138mg 13% · Iron 5mg 27% · Potassium 821mg 17%

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Roasted Root Vegetables with Lentils

SERVINGS: 6

PREP TIME: 20 MIN

COOK TIME: 1 HR

Ingredients

Salad

- 1 medium butternut squash, peeled, seeded and diced into 1/2 inch pieces
- 2 carrots, peeled and diced into 1/2 inch pieces
- 2 parsnips, peeled and diced into 1/2 inch pieces
- 3 small beets, peeled and diced into 1/2 inch pieces
- 2 Tbs olive oil
- 1 tsp thyme, dried
- 1 tsp rosemary, dried
- 1 1/2 cups lentils, canned, drained and rinsed
- 2 cloves garlic, smashed and peeled
- 1/4 cup parsley, chopped
- 6 scallions, chopped
- salt, to taste
- black pepper, to taste

Dressing

- 1/4 cup sherry vinegar
- 2 tsp Dijon mustard
- 1/2 cup olive oil
- salt, to taste

Directions

Prep

1. Preheat oven to 400° F.
2. Line 2 baking sheets with parchment paper.
3. Prepare vegetables according to instructions.

Make

1. Place squash, carrots, parsnips, and beets in a large bowl. Toss with two tablespoons of olive oil salt, thyme, and rosemary.
2. Roast until vegetables are just fork tender, about 30-40 mins.
3. Meanwhile, drained and rinse canned lentils. Add to a large bowl with garlic, salt, and pepper.
4. Add roasted vegetables and toss with enough dressing to coat.
5. Garnish with fresh parsley and scallions.
6. Dressing: Add all dressing ingredients to a mason jar with a lid and shake to combine.

Nutrition Facts

Calories **377**
per serving

| Amount/serving | % Daily Value* |
|-------------------------|----------------|
| Total Fat 19.3g | 29% |
| Saturated Fat 2.8g | 13% |
| Trans Fat 0.0g | |
| Cholesterol 0mg | 0% |
| Sodium 460mg | 19% |
| Amount/serving | % Daily Value* |
| Total Carbohydrates 39g | 13% |
| Dietary Fiber 9g | 36% |
| Total Sugars 8g | |
| Protein 6g | |

Vitamin D 0mcg 0% · Calcium 135mg 13% · Iron 3mg 16% · Potassium 1077mg 22%

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Chicken Egg Roll in a Bowl

SERVINGS: 4

PREP TIME: 15 MIN

COOK TIME: 30 MIN

Ingredients

- 2 carrots, shredded
- 3 garlic cloves, pressed or minced
- 6 scallions, chopped
- 1 Tbs ginger, grated or minced
- 1 lb cabbage, shredded
- 2 cups red cabbage, shredded
- 1 1/2 lb ground chicken
- 2 Tbs avocado oil
- 2 Tbs toasted sesame oil
- 1/4 cup coconut aminos

Directions

Prep

1. Prepare vegetables according to instructions.

Make

1. Preheat an iron skillet, wok, or other skillet. Add avocado and chicken and stir fry over medium heat until chicken is broken up and cooked through.
2. Remove chicken from skillet and set aside.
3. Add sesame oil to the pan and add garlic, scallions, cabbage, red cabbage, and carrots, and stir-fry until softened. Add coconut aminos to deglaze the pan and stir to coat the vegetables.
4. Add chicken and stir to incorporate.
5. Serve with additional scallions, hot sauce, or fresh herbs if desired.

Nutrition Facts

Calories per serving **523**

| Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--------------------------|----------------|--------------------------------|----------------|
| Total Fat 32.6g | 50% | Total Carbohydrates 19g | 6% |
| Saturated Fat 7.1g | 35% | Dietary Fiber 5g | 21% |
| Trans Fat 0.1g | | Total Sugars 10g | |
| Cholesterol 182mg | 60% | Protein 43g | |
| Sodium 443mg | 19% | | |

Vitamin D 0mcg 0% · Calcium 128mg 12% · Iron 3mg 15% · Potassium 1704mg 36%

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